



# Utah State University Extension Home and Community Programming 2019 Impacts

Programs delivered by USU Extension County Faculty

As life becomes more complex, Utah State University Extension home and community programs expand to help individuals and families meet their diverse challenges. Whether delivered through a traditional or online course, blog, website, or social media, Utah residents can access the information they need on cultivating health and wellness, building strong relationships, preparing food, managing finances, caring for a home, dealing with an emergency, and more.

<p><b>LIVE WELL UTAH</b></p> <p>🍷 🍴 🍷 🍷</p> <p>LiveWellUtah.org</p>	<p><b>CREATE</b> SNAP-ED BETTER HEALTH</p> <p>CreateBetterHealth.org</p>	<p>utah marriage matters</p> <p>UtahMarriageMatters.org</p>	<p>utah MONEY moms</p> <p>UtahMoneyMoms.com</p>
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## COMMUNITY HEALTH AND WELLNESS

Utah State University Extension’s community health and wellness programs are broad, encompassing issues such as youth mental health, encouraging physical activity, mindfulness, and other healthy habits that benefit individuals and communities.

<p><b>Youth Mental Health First Aid Trainings</b></p> <p><b>2</b> TO <b>127</b> trainings TO people</p>	<p><b>Adult Mental Health First Aid Trainings</b></p> <p><b>4</b> TO <b>51</b> trainings TO people</p>	<p><i>“This is a great course. I feel more confident in talking about mental health.”</i></p> <p>- Adult Mental Health First Aid Training Participant</p>
<p><b>Suicide Prevention Programs</b></p> <p><b>5</b> TO <b>722</b> trainings TO people</p>	<p><i>Knowledge of suicide warning signs (high or somewhat high) increased from 32% to 72% post training.</i></p>	<p><b>Health and Wellness Education</b></p> <p><b>13</b> TO <b>7,341</b> classes TO people</p>

## HEALTH EXTENSION: ADVOCACY, RESEARCH AND TEACHING (HEART)

### Opioid Addition & Reduction Education

**71** times to **4,492** participants

**Needs statement:** In 2017 more than 72,000 Americans died from an opioid overdose. Utah's opioid prescription rate and overdose death rate from 2013-2017 was higher than the U.S. average, outpacing deaths from accidents in the state (i.e., falls, motor vehicle accidents, firearms) from 2013-2015.

In July 2018, Utah State University Extension initiated a cutting-edge, 4-year initiative to address this public health issue. The Health Extension: Advocacy, Research, and Teaching (HEART) Initiative is composed of an innovative, multidisciplinary faculty team with a primary objective to address critical public health issues, currently the opioid crisis. The HEART team serves the state of Utah, and the five faculty are located in nine counties where opioid misuse has had some of the most devastating effects in the state: Carbon, Emery, Utah, Salt Lake, Tooele, Davis, Weber, Cache, and Box Elder. This places the HEART team in a prime position to collaborate in the highest need areas. HEART serves adults and youth, including individuals in the recovery community, to ensure comprehensive programming, and the HEART team addresses universal prevention as well as targeted intervention, depending on local needs.

**Impact statement:** Over the last year, the HEART team has sponsored two successful opioid awareness summits: one in Salt Lake City and one for rural populations in Price. The summits brought together recovery professionals, opioid researchers, those in recovery, medical providers, substance use disorder counselors and local law enforcement. The events provided resources, discussions, and helpful connections for those in attendance.



### PREVENTION AND EDUCATION



**Farm Field Day** ————— **1** event offered,  
**1,600** youth reached

**Impact statement:** A preschool student told us how her mother prepared for dates by putting many “of those things” away before the boyfriend arrived. This comment demonstrates the great need for opioid use disorder awareness among youth in Utah.



### STIGMA REDUCTION



**Stigma Reduction Workshops** ————— **3** events offered,  
**60** people reached

**Participant quote:** “Thank you for a much-needed presentation. Wonderful, professional, and approachable presentation style—a good model for how I can communicate these ideas to the primary care providers I work with.”



### STRENGTHENING COMMUNITY TIES



**Carbon and Emery County Opioid and Substance Use Coalition** ————— **12** events offered,  
**135** people reached,  
**30** partners involved

**Participant quote:** “It seems to be generating hope and direction for all our individual efforts. Great job.”



### HARM REDUCTION



**Living Well with Chronic Pain** ————— **24** events offered,  
**173** people reached

**Participant quotes:** “This class has given me a push, I needed this.” “Walking more, happier, helped my confidence level.” “Gave me the confidence to be an advocate for myself.”

## FOOD AND NUTRITION

Empowering individuals to make healthier food choices, prepare quick and nutritious meals, and eat healthfully to prevent obesity and other diseases are the main focuses of Extension food and nutrition programming, including the Supplemental Nutrition Assistance Education (SNAP-Ed), Expanded Food and Nutrition Education Program (EFNEP) and Youth Can Cook.



### Create Better Health SNAP—Ed Adult Classes

**1,178** TO **13,611**  
classes TO people

*"I have lost 40 pounds in 5 months now. With the support of this class, I have made major changes in my life and my family's life."*

- Millard County Participant



### EFNEP Adult Classes

563 series of

**12** TO **639**  
classes TO people



### Youth Can Cook Program

**217** teens enrolled from  
2017 - 2019

Youth  
Can Cook  
participants  
had an

**80%**

increase in  
knowledge  
regarding healthy  
snack options, and

**100%**

plan to  
implement the  
things learned  
in the class.

### THIS PROGRAM REACHED

**39** families (154 family members) through the family cooking classes and enrolled **217** youth to complete the Food Safety Manager's Certification training and the Master Food Preserver training.

### AT THE END OF YEAR 3

**152**

became certified as a Food Safety Manager;

**79**

youth were hired into a paid internship with partial completion, and of those,

**40**

youth have completed their apprenticeship hours and

**several**

received jobs with their Food Safety Manager Certificate.

*"I had a student who already had a job working at the theater, but wanted to move toward a job that could pay more. He was very bright, but I had a really hard time getting him to finally finish the test. It took a few months. We finally got together and studied hard for the last time, and he passed the test. He is now interviewing for other positions so that he can move up and make more money. He is very determined and has plans to attend college upon graduation."*

- Utah County Youth Can Cook Educator

*"One participant said in the past he had issues with body image, but through taking Youth Can Cook he learned healthy ways of eating and enjoyed several of the meals we made. He has a desire to be healthy."*

*"Although two participants did not complete their apprenticeship, they both received jobs with their Food Safety Managers Certificate."*

- Salt Lake County Youth Can Cook Educator



## CHILDHOOD OBESITY

The number of overweight or obese children is increasing. There are many health, social and psychological impacts associated with childhood obesity. These programs in Utah help promote healthy lifestyles to children and increase awareness of prevention.

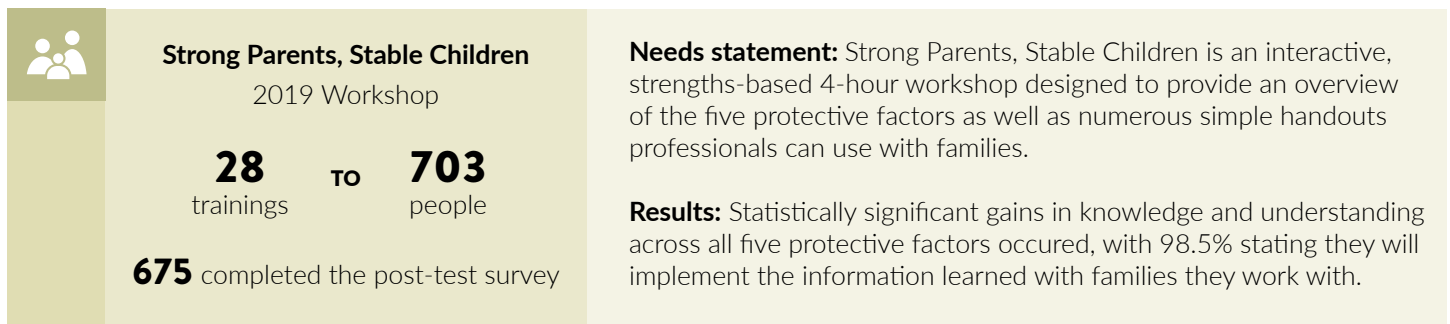
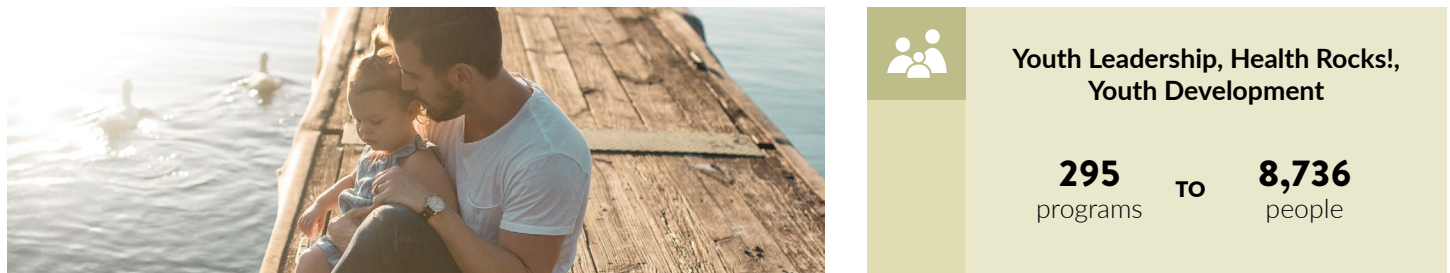
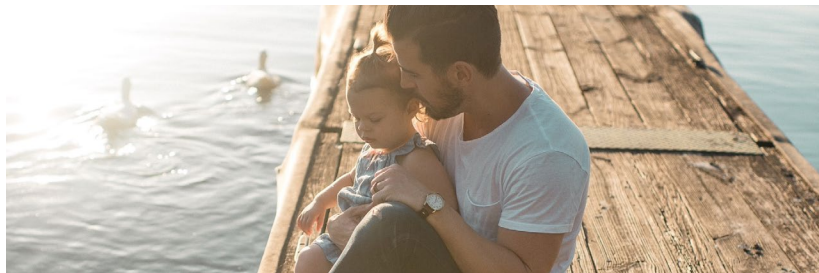


*“After one of my Food, Fun and Reading classes, a mother approached me and told me her 6-year-old daughter was learning so much about nutrition in these classes. She told me a few days prior, her daughter had a few friends over to play. For snack they made popcorn and she overheard her daughter telling her friends, ‘Did you know popcorn is a “full” grain? That means it has lots of health for your body.’ Her mom was so happy to hear her excited and sharing her whole grain knowledge with her friends and helping to teach them the importance of healthy eating.”*

- Create Better Health (SNAP-Ed) Ambassador

## IMPROVING CHILDREN’S LIVES

A variety of programs are taught in Utah to build stronger children and families, including education for childcare facilities, parenting courses for families and incarcerated individuals, and leadership teams within 4-H and other programs to build life skills in children.




*“Thank you for this information. I have used what you taught, and I feel better about technology in my home.”*

- Strong Parents, Stable Children Participant

## PROTECTING RESOURCES

There are many pressures facing families today, including divorce, single parenthood, financial pressures, blended families, remarriage, balancing work and family, or other family strains. Programs to strengthen family relationships are delivered through presentations, conferences, and workshops.



**Relationship Education**  
*(Date Nights, Marriage and Family Life Skills, How to Avoid Falling for a Jerk (or Jerkette), Tech Talks, and Relationship Education for Incarcerated Women)*

**112 TO 3,309**  
classes people



### Changes participants plan to make as a result of information learned:

- Be more open and express and show my love and appreciation.
- Show appreciation more. Give more compliments. Focus on the positive.
- Use clarifying questions to make sure we are communicating well together.
- Work on arguing less, loving more, and work on intimacy.
- Work on de-escalating arguments. Communicate more.
- Put away phones. Prioritize my relationships so the phone isn't on.

### Relationship education for incarcerated women shows statistically significant increase from pre-to-post test scores, including these variables:

- I feel good about the prospects of making a romantic relationship last.
- I feel I have the tools to be a good parent.
- I have the power to manage challenges in my life.
- I am optimistic about my future.
- I have the tools and ability to be a happier person.
- I have increased my awareness of strategies to have healthier relationships.
- My understanding of how to live a better life has increased.
- I am motivated to be a better person.
- I have the tools to manage stress in healthy ways.
- I have increased my knowledge and ability to be a positive and grateful person.
- I know how to change specific things that I want to change in my life.



**Relationship Conferences**  
*2 marriage conferences, 2 women's conferences*

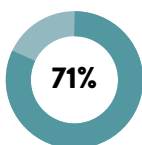
**4 TO 1,228**  
conferences people

*"To say that I loved it would be a huge understatement. So many words touched me, challenged me, and rekindled parts of me that have been lost for some time, parts that I had forgotten. I needed this."*

*"I have started to journal every day and it helps me reflect on my life and the past and the patterns of my life and it gives me confidence that things can get better on bad days."*

- Women's Conference Participants

Of women's conference participants,



of attendees believed their knowledge of overall health and wellness improved, and



of attendees reported they were likely to make a change based on something they learned.

*"The most important result [gained from the conference] was the conversation with my husband regarding what we learned that evening. It gave us a great opportunity to evaluate where our relationship is and what we can do to strengthen it."*

- Marriage Conference Participant

## FOOD SAFETY

Many people in Utah preserve food at home. Understanding how to keep the food safe is a concern of the USDA and USU Extension. These food preservation programs educate individuals about safely preserving food in the home, and avoiding potentially unsafe family recipes that are not scientifically studied by the USDA and could cause food-borne illnesses.



### Food Preservation Education

**35** TO **269**  
classes people

*"We dumped out 131 jars of unsafely processed food on Friday. This included all of our dairy, the pickled onions we canned using balsamic vinegar that was not 5% acid, and a few other things. Thank you for showing us how to can safely and what not to do."*

- Master Food Preserver Course Participant

Students trained by Extension faculty then taught individuals in Porcon, Peru, how to preserve their harvest. They are now making commercially produced jars of jam and contributing to stimulating their local economy.

## SEWING AND TEXTILES SKILLS

Sewing enables people to save money, repurpose and reuse, gain creativity, and extend their resources.



### Sewing skills development

**4** x **8** = **32**  
classes in series classes

**40** participants

*I had a husband of one of the participants in this class approach me to thank me for teaching and helping his wife and appreciated the things I was doing for the county.*

*Time and time again participants shared how the class has helped them mentally - how it helped them during a hard time or during the long days of winter to have a new skill to work on and then being so proud of what they accomplish.*

-Extension Faculty Member

## DIABETES



### Dining with Diabetes

*a diabetes support group for kids*

**25** TO **291**  
classes people

Diabetes management requires day-to-day monitoring of nutrition and exercise. The diabetes management programs in Eastern Utah provide a local service to help participants become comfortable with the lifestyle change needed to live with diabetes.

# FINANCE

Utah's finance education programs included basic budgeting workshops to help build strong money habits and avoid many of the mistakes that can lead to life-long money struggles to help people move toward asset building. Four series were also taught in Spanish.



**VITA – Virtual Volunteer Income Tax Assistance**

**228** helping **326**  
times people

Participating taxpayers saved a total of \$52,000 in tax preparation costs and received \$336,000 in state and federal refunds.




**Online Personal Finance Education**

**96**  
online finance education events with

**19,269**  
people

*“Utah Money Moms has broadened my view of what financial security should include. For example, identity fraud protection is an important part of keeping myself and my family financially stable. Utah Money Moms provides tips on how to do so.”*

- Utah Money Moms Follower



**Financial Education Courses**

**24** TO **3,853**  
classes people


**Financial Education Courses include:** Retirement seminars; College and Me training for high school students and parents; Financial Literacy Education for Homeless Teens; Train the Trainer workshops; Your Money Your Goals; Who Pays for What? Costs of Apartment Living.



**PowerPay.org Debt Elimination Calculator**

**60,000**  
users

More than 60,000 users accessed the PowerPay.org website provided by USU Extension. Projected interest cost savings exceeding \$4 million for those creating onsite debt elimination plans.



**Homebuyer Education**

**6** in person **53**  
classes to people

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**565** online **42**  
people from states

*“I felt very discouraged and unsure with the home buying process. [After this course] I feel much more confident starting to find a home.”*

*“This course was the exact overview that I was hoping for. I now feel more confident in the home buying process, so that I can make educated decisions instead of big mistakes in the biggest investment of my life.”*

- Homebuyer Class Participants

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## LOCATIONS

**28** County Offices

View a list of all USU Extension locations at: [extension.usu.edu/locations](http://extension.usu.edu/locations)

